

PURPOSE

Congratulations on your decision to participate in an exercise program! With the help of your personal trainer, you greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The details of these training sessions can be used for a lifetime. In order to maximize progress, it will be necessary for you to follow program guidelines during supervised (PT/Semi PT) and unsupervised (Slot membership) training days. Remember, exercise and healthy eating are **EQUALLY** important! During your exercise program, every effort will be made to assure your safety. However, as with any exercise program, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In volunteering for this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program. By signing below, you accept full responsibility for your own health and well-being **AND** you acknowledge an understanding that no responsibility is assumed by the leaders of the program or Brijesh Patel and Purpose LLC.

I certify that I have read, understand, agree to and will comply with this agreement to its entirety by initially the terms and conditions and signing this Fixed Membership & Rates Contractual Agreement offered by Purpose LLC. I agree to waive any risk liability against Purpose LLC, its members, staff, volunteers and all individuals associated with Purpose LLC and I have received a copy of all pages of this **Contractual Agreement** for future reference.

SIGNATURE _____ (Client's Full Signature)

DATE _____

WISHING YOU THE BEST OF LUCK WITH YOUR NEW PERSONAL TRAINING PROGRAM!

Additional notes/comments from client to The Trainer:
